



## WHAT'S HAPPENING AT ELKRIDGE SENIOR CENTER IN

**March/April 2015**

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## ELKRIDGE SENIOR CENTER

**6540 Washington Boulevard  
ElkrIDGE, MD 21075**

**Join Us**

**Monday through Friday  
8:30 am to 4:30 pm**

**March/April 2015**

### DIRECTOR'S GREETING

Welcome Spring!

I think mother nature was pretty good to us this past winter. Neighboring states saw record snow falls but we were spared. We certainly have that to be grateful for.

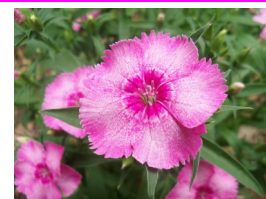
It's time to come out of the house and enjoy all the great programs that we have to offer.

Hope to see you soon!

**Closings and late openings:**

**March 10th-Staff Meeting-Closed all day**

**April 3rd-Good Friday Holiday-Closed all day**



**Save the Date**  
for the 7th Annual

**WOMENFEST**

A Health & Wellness Event for Women

A signature event designed to inspire women to live a more balanced, healthier and fulfilled life!

**Saturday, April 25, 2015  
10 am - 3 pm**

**Gary J. Arthur Community Center at Glenwood  
2400 Route 97, Cooksville, MD 21723**

**There's something for everyone at WomenFest!**

Bring your mom, grandmothers, sisters, daughters, and friends for a day of fun and shopping featuring 90+ vendors, informative seminars, important health screenings, door prizes and more!



Department of  
**CITIZEN SERVICES**  
Aging • Children's Services • Consumer Affairs

[www.howardcountyaging.org/womenfest](http://www.howardcountyaging.org/womenfest)

## SPECIAL EVENTS & NEW PROGRAMS

### HISTORY OF PATAPSCO VALLEY

**March 24th**

**12:30-1:30**

**FREE**

Retired Park Ranger, Ed Johnson, takes us on an amazing journey back in time! Learn many interesting facts about the Patapsco River Valley, Elkridge, Ellicott City & more.



### AROMA THERAPY

**April 16, 2015**

**11:00-12:00**

**\$4.00**

Delight your senses & pamper yourself with great scents!

After the session enjoy some lavender hand lotion.



### ANNUAL EGG HUNT PARTY

**April 1, 2015**

**10:00-1:00**

(FREE, but donations greatly appreciated)

In partnership with the library, we welcome in Spring with a fun egg hunt, featuring games, prizes, and a visit from the Elkridge Bunny!

### SPRING BREAKFAST CONCERT

**April 17, 2015**

**10:00-noon**

**\$4.00**

Enjoy fresh omelets to order and sit back to listen to the incredible voice of Anthony Brown as he sings some of your gospel favorites.

Donations accepted for the meal.

### KNITTING MADE EASY

**April 7, 2015**

**11:00-12:00**

**\$2.00 (Includes supplies)**

Learn how to make beautiful knitted items for your family or for yourself!

It's easy, affordable, and fun!



### MARYLAND INSURANCE ADMINISTRATION

**April 30, 2015**

**10:30-11:30**

**FREE**

Paying too much for your car or home insurance or been subjected to a scam?

The experts will offer advice on insurance scams and ways to save money.

### Americans with Disabilities Act Accommodations

If you need accommodations to attend Elkridge Senior Center events/programs or if you need this document in an alternate format, please contact the Center at 410-313-4930 or 410-313-5192. People who have a hearing or speech disability may contact us through Maryland Relay by calling 7-1-1.

## SPECIAL EVENTS & NEW PROGRAMS

### BASIC ART CLASS

**March 6 & 27th**

**10:30-12:00**

**FREE**

Our local artist, Gary, will guide you through some easy steps to create a beautiful drawing/painting. You will be amazed how easy and fun this is.

### ST. PATTY'S DAY CELEBRATION

**March 17th**

**11:00-12:00**

**\$1.00/activity; lunch by donation**

Join us to celebrate shamrocks & Leprechauns! Test your knowledge, play Irish trivia and win a prize.

Delicious corned beef & cabbage lunch served after trivia .

### AARP TAX ASSISTANCE

**March 11 & 25**

**Appointments 9am to 1pm**

**FREE**

Accountants from AARP will be here to prepare basic tax returns for qualifying individuals.

Call center for appointment.

Schedule yours today.



### AARP DRIVER SAFETY CLASS

**March 20th**

**10:00-2:30 (Lunch served at noon)**

Learn all the new laws of the road and many safety tips to help you stay safe as you travel. Some insurance companies will discount your rates upon completion of this class. Call the center for more details, the fees and to register.



### LET'S DISH

**March 13<sup>th</sup>**

**11:00-noon**

**\$5.00**

Join our Nutrition Specialist, Becky, as she prepares a delicious penne & vodka dish. Plan on making this your lunch, there will be plenty to enjoy.

### HARRINGTON SLOTS

**Friday, March 20, 2015**

**8:30-4:30**

**\$30.00/person**

Travel to lovely Harrington, Delaware. Enjoy \$10.00 free slot play and a delicious FREE buffet.

Reserve your spot now.

Seats go quickly.

For questions or to register:  
(410) 313-5192 or (410) 313-4930

# ONGOING PROGRAMS

## MONDAYS

9:00am—10:00am	Walking Club (meet in parking lot)
10:30am—2:00pm	Bridge/Card Group
11:00am—2:00pm	Bingo (March 9 & 30 and April 13 & 27)
	<i>(reserve one week in advance for Bingo lunch)</i>

## TUESDAYS

9:00am—10:00am	Age Well Exercise
11:00am—12:00pm	Brain Fitness (March 3 & 17)
10:30am—11:30am	Chair Yoga
12 Noon	<i>Lunch (reserve one week in advance)</i>
12:00pm—2:00pm	History of the Bible Class
12:30pm—1:30pm	Book Club (March 10 & April 14)
1:00pm—3:00pm	FREE BP Screenings

## WEDNESDAYS

9:00am—10:00am	Walking Club (meet in front parking lot)
9:00am—12:00pm	Pancake/Waffle Breakfast (March 18 & April 15)
10:00am—12:30pm	Wii Fitness/Bowling (March 18 & April 15)
2:00pm—3:30pm	Line Dance

*After 11am free bread and pastries are available, courtesy of Wegman's and Great Harvest.*

## THURSDAYS

9:00am—10:00am	Age Well Exercise
10:00am—3:00pm	Open card games
10:00am—12:00pm	Nutrition Education & Counseling (March 19 & April 16)
12:00pm—2:00pm	History of the Bible Class
12 Noon	<i>Lunch (reserve one week in advance)</i>
1:30pm—3:00pm	Easy Jewelry Class (March 5 & April 2)

## FRIDAYS

9:00am—10:00am	Walking Club (meet in parking lot)
10:30am—11:30pm	Chair Yoga
10:00am—12:30pm	Legal Aide (second and fourth Fridays)
11:00am—12:00pm	"Let's Dish"- (March 13: Penne in Vodka Sauce April 24: menu to be announced)

## ***Join us for lunch!***

Elkridge Senior Center offers meals to anyone 60 years and older, as well as their spouses, regardless of age. Voluntary, anonymous contributions are requested from eligible program participants for meals. Reservations must be made a week in advance. People who do not make reservations are not guaranteed a meal. Participant contributions are used to offset the meal cost, increase the number of meals served, and to provide supportive services directly related to the nutrition program, such as nutrition screenings and education. The cost of the **regular meal is \$4.10 and \$5.39 for special meals**. Participants are requested to contribute as generously as they can to ensure the viability of this important program.



## **March Menu 2015**

**March 3, Tuesday:** Beef Stew, Pickled Beets, Cornbread, Tropical Fruit and Milk

**March 5, Thursday:** Northern Bean Soup, Coleslaw, Fried Chicken Quarter, Red Bliss Potatoes, Green Beans, Biscuit & Apple Crisp and Milk.

**March 9, Monday:** Cranberry Juice, Turkey Salad, Croissant, Marinated Cucumber & Tomatoes, Orzo Salad, Carrots, Raisin Salad, Fresh Fruit and Milk.

**March 12, Thursday:** Veggie Soup, Knockwurst, Baked Beans, Coleslaw, Hotdog Roll, Diced Peaches and Milk.

**March 13, Friday: Let's Dish...Penne a la Vodka Sauce. \$5.00**

**March 17, Tuesday:** Fruited Lime Jell-O, Corned Beef, Red Bliss Potatoes, Cabbage, Pumpernickel Bread, Deluxe Cake and Milk.

**March 18, Wednesday:** Waffle, Sausage, Fruit, Danish and Milk.

**March 19, Thursday:** Pea Soup, Chicken Patty, Turnip Greens, White Buns, Bread, Banana and Milk.

**March 20, Friday:** Apple Juice, Tuna Salad, Marinated Cucumbers & Tomatoes, Beef, Kaiser Roll, Cheesecake Cup and Milk.

**March 24, Tuesday:** Cranberry Juice, Maryland Crab Soup, Grilled Chicken Breast, Redskin Potato Salad, Green Beans, Dinner Roll, Mandarin Oranges and Milk.

**March 26, Thursday:** Roasted Turkey with Stuffing, Mashed Sweet Potatoes, Green Beans, Split Top Dinner Roll, Apple Pie and Milk.

**March 30, Monday:** Apple Juice, Spaghetti and Meat Sauce, Italian Veggies, Italian Bread, Fruit Jell-O and Milk.



## National Nutrition Month - March

You may know the right things to eat, but do you know just how much of them to have? How do you determine what is a healthful portion?

A “portion” is how much of a food you eat, but dietary recommendations usually are given in “servings”—five daily servings of fruits and vegetables, three daily servings of dairy, or six to eleven daily servings of whole grains. Just what does a “serving” mean?

Knowing the size of a serving can help you to determine healthful portions.

By understanding how many servings you should consume, you can keep track of how much you eat to meet your needs. Below are some tips for comparing portion size to some commonly known objects!

Size equivalents:

- 1 teaspoon (tsp)—about the size of a (pointer) fingertip
- 1 tablespoon (T)—about the size of your thumb or a tube of lipstick
- $\frac{1}{4}$  cup (C)—the size of a large egg
- $\frac{1}{2}$  C—the size of one handful
- 1 C—the size of a tennis ball or as much as a woman’s palm can hold

Use these serving sizes to estimate portions:

- 1 ounce (oz) chicken, poultry, or meat—size of a matchbook
- 1 oz meatball—size of a golf ball
- 3 oz cooked fish, poultry, or meat—size of a deck of cards, the palm of your hand, or a checkbook
- 1 oz cheese—size of a lipstick tube or thumb, or size of four dice
- 2 oz cheese—size of a pair of dominoes
- 1 tsp peanut butter—size of the tip of your thumb
- 2 T peanut butter—size of a golf ball
- 1 medium piece of fruit—size of a baseball
- 1 medium bagel—size of a hockey puck
- 1 C dry cereal—a mounded handful
- One small baked potato—size of a computer mouse
- 1 C raw vegetables, sliced fruit, or yogurt—size of a tennis ball

Are you surprised by some of these? When you are at home, it’s a bit easier to use measuring cups or measuring spoons to serve yourself appropriate portions. When you are going to be out and about, make your own snack bags by reading nutrition labels on food items and placing the appropriate serving-size portions into plastic bags, so that you can knowingly eat the right amounts.

*Menu notes are written by Rona Martiyan, MS, RD, LDN, Consultant Dietitian*





# What Happens if You Aren't Getting the Nutrition You Need?

April Menu Notes 2015

Good nutrition is critical to overall health and well-being. As we get older, there is a higher risk of not getting adequate nutrition. Below are some causes and signs of nutrition problems for older adults, as well as steps you can take to ensure a nutrient-rich diet.

## Problems caused by lack of good nutrition

Malnutrition (not getting enough nutrients that you need) can lead to various health concerns, including:

- A weak immune system, which increases the risk of infections
- Poor wound healing
- Muscle weakness, which can lead to falls and fractures
- In addition, eating poorly can lead to further disinterest in eating or lack of appetite — which only makes the problem worse.

## How malnutrition begins

The causes of malnutrition are usually a combination of physical, social and psychological issues, such as:

- **Health concerns.** Health problems such as dementia or dental issues, can lead to decreased appetite or trouble eating. Other factors that might play a role include a chronic illness, use of certain medications, difficulty swallowing or absorbing nutrients, a recent hospitalization, or a lessened sense of taste or smell.
- **Restricted diets.** Dietary restrictions — such as limits on salt, fat, protein or sugar — can help manage certain medical conditions, but might also contribute to inadequate eating.
- **Limited income.** Some older adults might have trouble affording groceries, especially if they're taking expensive medications.
- **Reduced social contact.** Older adults who eat alone might not enjoy meals as before, causing them to lose interest in cooking and eating.
- **Depression.** Grief, loneliness, health concerns, lack of mobility and other factors might contribute to depression — causing loss of appetite.

**Alcohol.** Too much alcohol can interfere with the digestion and absorption of nutrients. Nutrients might also be lacking if alcohol is substituted for meals.

## How to spot poor nutrition

The signs of malnutrition in older adults can be tough to spot, especially in people who don't seem at risk. Here is what to look for:

- Keep an eye on your weight. Noticing weight loss or that your clothes are getting baggy is a sign!
- Other warning signs: a wound that doesn't heal properly, easy bruising and dental difficulties.

Ask your health care provider about how your medications can affect your nutrition. Many drugs affect appetite, digestion and nutrient absorption.

## What Happens if You Aren't Getting the Nutrition You Need?

April Menu Notes 2015 (continued)

### What you can do about malnutrition

Even small dietary changes can make a big difference in your health and well-being.

- **Don't be afraid to ask your health care provider!** If you or a family member notice some of these symptoms, ask your doctors to identify and address any contributing factors. This might include changing medications that affect appetite, loosening diet restrictions until you are eating better, and working with a dentist to treat oral pain or chewing problems. Request screenings for nutrition problems during routine office visits, and ask about nutritional supplements. You might also ask for a referral to a registered dietitian or see one at the Senior Center.
- **Choose foods packed with nutrients.** Spread peanut or other nut butters on toast and crackers, fresh fruits, and raw vegetables. Sprinkle finely chopped nuts or wheat germ on yogurt, fruit and cereal. Add extra egg whites to scrambled eggs and omelets and encourage use of whole milk. Add cheese to sandwiches, vegetables, soups, rice and noodles.
- **Restore life to bland food.** Make a restricted diet more appealing by using lemon juice, herbs and spices. If loss of taste and smell is a problem, experiment with seasonings and recipes.
- **Plan between-meal snacks.** A piece of fruit or cheese, a spoonful of peanut butter, or a fruit smoothie can provide nutrients and calories.
- **Make meals social events.** Eat with friends and family. Eating with others helps!
- **Engage in regular physical activity.** Daily exercise — even if it's light — can stimulate appetite and strengthen bones and muscles.
- **Use food-savings tips.** Take a shopping list when headed to the grocery store. Check store fliers for sales and choose less expensive brands. Split the cost of bulk goods or meals with a friend or neighbor, and visit restaurants that offer discounts for older adults.

Remember, identifying and treating nutrition issues early can promote good health, independence and increased longevity. Take steps now to ensure your good nutrition.